

## HORARIO DEPORTES DE CONTACTO Y ESCALADA

El Club Deportivo Metropolitano se reserva el derecho de modificar horarios y actividades

### HORARIOS EN PROMOCIÓN (\*)

|       | LUNES        | MARTES       | MIÉRCOLES    | JUEVES       | VIERNES             |
|-------|--------------|--------------|--------------|--------------|---------------------|
| 8:00  | THAI*        | THAI*        | THAI*        | THAI*        | THAI*               |
| 10:00 | BJJ (SALA 5) |              | BJJ (SALA 5) |              | BJJ (SALA 5)        |
| 11:00 | BOXEO*       |              | BOXEO*       |              | BOXEO*              |
| 12:00 | THAI         | THAI         | THAI         | THAI         | THAI                |
| 13:00 |              | MMA          |              | MMA          |                     |
| 13:30 | BOXEO        |              | BOXEO        |              | BOXEO               |
| 14:30 | THAI         | THAI         | THAI         | THAI         | THAI                |
| 14:30 |              | BJJ          |              | BJJ          |                     |
| 17:00 |              | BOXEO*       |              | BOXEO*       |                     |
| 17:15 | THAI KIDS    |              | THAI KIDS    |              | THAI KIDS           |
| 18:00 | MMA (SALA 5) | BOXEO*       | MMA (SALA 5) | BOXEO*       |                     |
| 18:00 | THAI         | THAI         | THAI         | THAI         | THAI                |
| 19:00 | THAI         | THAI         | THAI         | THAI         | THAI                |
| 20:00 | BOXEO        | BJJ          | BOXEO        | BJJ          | BOXEO               |
| 20:00 |              |              |              |              | BJJ (ENTREN. LIBRE) |
| 21:00 | BOXEO        | BOXEO        | BOXEO        | BOXEO        |                     |
| 21:00 | THAI         |              | THAI         |              | THAI                |
| 21:00 |              |              | MMA (SALA 5) |              |                     |
| 21:00 |              |              | BJJ (SALA 5) |              |                     |
| 21:15 |              | BJJ (SALA 5) |              | BJJ (SALA 5) |                     |
| 21:30 |              | THAI*        |              | THAI*        |                     |
| 22:00 | THAI* 45"    |              | THAI* 45"    |              |                     |

|              | SÁBADO              |
|--------------|---------------------|
| 10:00 -12:00 | THAI (COMPETIDORES) |
| 12:00 -14:30 | BJJ                 |
|              | MMA                 |

### ESCALADA

|           |               |
|-----------|---------------|
| LUNES     | 19:00 - 21:30 |
| MARTES    | 14:30 - 15:30 |
|           | 19:00 - 21:30 |
| MIÉRCOLES | 19:00 - 21:30 |
| JUEVES    | 14:30 - 15:30 |
|           | 19:00 - 21:30 |

